

2026 WELLNESS CALENDAR

JANUARY - MARCH

TRANSFORMATION CHALLENGE



Jan 19 - March 27 | Max of 100 points

APRIL - MAY

STEP CHALLENGE



1 pt per successful day of 8,000 steps

April 1 - May 31 | Max of 71 points + Bonus Prizes

JUNE

PERSONAL WELLNESS MONTH

Focus on your personal health goals

JULY

HYDRATION CHALLENGE



1 pt per 64 ounces of water drunk each day

Max of 31pts

AUGUST

FITNESS CHALLENGE



Max of 31pts

SEPTEMBER

STEP CHALLENGE



1 pt per successful day of 8,000 steps

Max of 30pts

OCTOBER

STEP CHALLENGE



1 pt per successful day of 8,000 steps

Max of 31pts + Bonus Prizes

NOVEMBER

HEALTHY RECIPE CHALLENGE



10 pts one-time

DECEMBER

PERSONAL WELLNESS MONTH

Focus on your personal health goals

Submission deadline is December 13, 2026.

REWARDS

If you earn **150 points or more** within the Wellness Program, you will receive the wellness incentive for the following plan year.

WELLNESS INCENTIVE

\$15 health premium reduction for 24 pays

HOW TO EARN POINTS

In addition to the opportunities listed below, you may earn points by participating in wellness challenges each month. Please see the 2026 Wellness Calendar for the list of monthly activities.

NEW REQUIRED 40 POINTS:

**Annual Visit with Primary Care Physician or
Deaconess Worksite Clinic Visit**

**40pts one-time
40 pts one-time**

(You may complete both of these visits for a total of 80 points.)

MAX 110 POINTS FROM LIST BELOW OR CALENDAR ACTIVITIES:

Fitness Center Check-In (minimum of 30 minutes)	10 pts per visit
Fitness Tracker - Self Led Workout (minimum of 30 minutes)	10 pts per visit
Weight Loss Program Visit	20pts per visit
Fitness Class (Instructor Led)	20pts per visit
Participate in an official race (run 5K,10K, Bike, Iron man, etc.)	20pts per event
Financial Wellness Appointment/Webinar with HUB	10 pts one-time

AGE APPROPRIATE SCREENINGS

Colonoscopy	20pts one-time
Dermatology	20pts one-time
Bone Density	20pts one-time
Mammogram	20pts one-time
Prostate	20pts one-time
GYN Annual Visit	20pts one-time
Vision Exam	10pts one-time
Dental Exam	10pts (20pts max)
Flu Shot	10 pts one-time
COVID Booster	10 pts one-time

Points must be obtained between the dates of January 1, 2026, and December 31, 2026. Must add points to the wellness portal by **December 13, 2026**. Points will be awarded for the January 1, 2027, benefit year.

Screenings between December 13, 2026, - December 31, 2026, can be included.
Contact Human Resources on how to document in Wellness Portal.